

# DINNERLY



## Fan Fave: Smoky Chicken Spaghetti with Tomato and Olives



25 minutes



2 Servings

Everyone loves comfort food, and this hearty bowl of pasta with smoky chicken, carrot and olives cooked in a rich tomato sauce certainly hits the mark.



### WHAT WE SEND

- 1 carrot
- 30g pitted kalamata olives
- 1 large free-range chicken breast fillet
- 250g spaghetti <sup>1</sup>
- 400g diced tomatoes
- 10g smoky barbecue seasoning <sup>17</sup>

### WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 1 tbs tomato paste
- ¼ tsp sugar

### TOOLS

- medium saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 710kcal, Fat 17.1g, Carbs 84.7g, Proteins 48.3g



#### 1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the spaghetti. Peel the **carrot** and cut into 1cm chunks. Halve the **olives**. Crush or finely chop **2 garlic cloves**. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally, then thinly slice into strips.



#### 2. Cook spaghetti

Cook **three-quarters of the spaghetti** in the pan of boiling water for 12 mins or until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the pasta.



#### 3. Cook chicken

Meanwhile, heat **2 tsp olive oil** in a medium deep frypan over medium-high heat. Add the **chicken**, season with **salt and pepper** and cook, stirring occasionally, for 3-4 mins until browned and cooked through. Remove from the pan.



#### 4. Simmer sauce

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **carrot** and **garlic**, stirring, for 3-4 mins until softened. Stir in the **tomatoes**, **barbecue seasoning**, **reserved cooking water**, **1 tbs tomato paste** and **¼ tsp sugar**. Bring to the boil, then reduce the heat to medium and cook for 5 mins or until slightly thickened.



#### 5. Serve up

Add the **chicken** and **spaghetti** to the sauce and cook for 1 min or until warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **chicken spaghetti** among bowls, scatter over the **olives** (see Make it yours) and enjoy!



#### 6. Make it yours

Not everyone loves olives. Simply serve them at the table for those who like them. ~ Pasta loves cheese, so if you have any parmesan in the fridge, coarsely grate, then scatter over before serving.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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